

HANDLING TANTRUMS

It is natural for a child to throw a tantrum. The good news about toddler meltdowns is you can learn how to tame them and possibly prevent them.

Tantrums occur when your child is unable to get what he or she wants. Your child may lack the communication skills to express a need, instead resorting to outbursts.

Ways to Prevent or Tame Tantrums:

- Create routines so your child knows when it's time to eat, nap, bathe and sleep.
- Keep breakable and dangerous objects out of your child's reach.
- Plan fun activities each day such as reading a story, dancing or visiting a park.
- Allow your child to choose what to wear, play with or eat. Give up some control.
- Use diversions. Try a new toy or a different activity to prevent a freak-out.
- Name your child's feelings to teach your child to say what he or she feels without acting it out.

When Tantrums occur:

- Try ignoring your child's behavior. Once he or she has calmed down, then talk.
- Avoid spanking and yelling as this behavior lacks teachable moments.
- Take a deep breath or other techniques so you feel less stress. Remain calm.
- Give plenty of praise and cuddles once the tantrum stops.
- Leave public places if the tantrum is full-blown. A new place may change the behavior.
- Place your child in 'time-out' if you find your stress level is growing out of control.



HANDLE TANTRUMS in ways
that help you stay calm and teach your
child better communication skills.



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